GOOD AND BAD FOOD COMBINE

Particular Food Good For the Nerves.

Don't Restrict Yourself to One Article of Food, No Matter How Nourishing.

Cucumbers and Carrots as Complexion Beautifiers-Apples Promote Sleep-Fish Diet.

BY EDWARD B. WARMAN. (Author "Scientific Physical Training.") (Copyright, 1995, by Joseph B. Bowles.)

While I am in favor of a mixed diet, I would suggest that a certain amount of care be used in the mixing For instance, sugar does not go well with anything (so it is claimed by the leading dietetists), while eggs go well with any kind of food. Herewith I give some of the combinations:

Good Combinations.

Milk and well-cooked grains. Milk and fruit. Grains and vegetables

Bad Combinations.

Milk and vegetables.

Fruits and vegetables.

It is also well to recognize the fact that we should seek quality rather than quantity. It is said that a workingman requires, daily, about 12 cunces of solids (water free). Let us suppose that he calls 16 cunces of suppose that he cats 16 ounces of beans, he will get the '2 ounces of re-quired nourishment. But if, instead of beans, he decides to get that amount of nourishment from cabbage (which "is film" but not lastin"") he would be obliged to eat the enormous quantity of 15 pounds. Think of it!

A Well-Balanced Ration.

No one is wise to have the daily dietary consist of any one kind of food no matter how nourishing. Beans are rich in protein and have a large percentage of carbohydrates, but they are lacking in fat, hence the use of fat park (which need not be even to fat pork (which need not be caten) to balance the ration.

Potatoes furnish a great deal of fuel

material in the form of starch, but they contain little protein. Codfish consists of protein and little else. Add a little fat (in the form of butter) to the protein of the codfish and the starch of the potatoes, and the result is a highly nutritious, digestible and inexpensive food.

Not all protein, not all carbohydrates, not all fat; but about in the following proportion for a day s work for a laboring man, viz.: Protein, 12 ounces; carbohydrates, 32 ounces, fat, 1 ounce.

Proportions of Protein, Starch and

Meats (not canned)—Smoked ham leads the list with 24 per cent protein; 36.5 fat; no starch.

Fish (not fresh)—Sait cod takes the lead with 27 per cent protein; 22 fat;

Eggs-13.5 per cent protein; 11.6 fat;

Cheese-28 per cent protein; 23 fat; 1 per cent starch. Legumes—Dried beans, 25.1 protein;

Legumes—Dried beans, 201 protein, 1.5 fat, 48.3 starch. Lima beans head the list in starch, 50 per cent. Green vegetables—Cabbags contains the most protein, 5 per cent, 5 fat, 7.8 starch. Sweet petatoes lead in starch, 25.2 per cent. Irish potatoes, 21.8 starch. Parsnips, 14.5 sarch. Onlons, 10.5 starch.

Carrots, 19 per cent starch.
Fresh fruits—Bananas lead in both protein (4.9) and starch (19.2).

Dried fruits-Dates take the lead in protein (6.6), while figs take the lead in starches (60.5). Nuts-Peanuts lead in protein (28.3).

Chestnuts lead in starch (69 per cent), hazelnuts, in fat (62.9), with the walnut

a close second (57.4).

Grains—Barley, 17.70 protein, 38.31 starch. Oats, 17.6 protein, 55.8 starch. Wheat, 16.5 protein, 56.25 starch. Maize, 13.65 protein, 77.74 starch. Rye, 11.92 protein, 60.31 starch. Rice, 7.40 protein, 86.21 starch. Food Values Compared.

Mutton and lamb furnish about the same amount of protein and have the same fuel value as the fatter cuts of Canned corned beef furnishes more

protein, pound for pound, than most kinds of fresh beef; also stands very high in fuel value.

Chicken and turkey have less fat than the fatter meats, and furnish large quantities of protein. Chicken, you know, is a sacred bird—so many of them enter the ministry. Cheese, made of whole milk, contains

nearly all of the nutrients of the milk except the milk sugar; hence comes very nearly being a concentrated form of milk.

Cheese, made of skim milk, has less fat, hence, relatively, more protein.

Beans and peas contain the largest proportions of protein; corn meal, potoes, rice, turning and beets, the least.
Among the cereals, wheat is the richest in protein, but oatmeal has rather

more protein than wheat flour.
Fish has so much refuse, and the flesh contains so much water that the proportions of nutrients are smaller than in ordinary meats.

Medicinal Value of Foods.

From the naturally organized foods (not from a bottle) you should obtain what the system requires to strengthen the nerves, stimulate the liver, clear the complexion, and all the iron that is needed to build up the blood.

It is an absolute fact, deinonstrated by recognized scientific investigation, that no inorganized element can, in any way, be assimilated by the system and converted into the various tissues and structures of the body.

Therefore, if you need iron in the blood get it from the food from which Therefore, if you need iron in the blood get it from the food from which it will be readily absorbed. I give herewith a few of the principal ones of which the thin-blooded person should partake freely, viz. Spinach contains from 33 to 39 per cent of iron, asparagus, 20 per cent; beef. 17 per cent, yolk of egg. 10 to 24 cabbage (outer green leavas), 17, dandelion leaves 14, apples, 13, hazelnuts (brown skins), 13; cherries (red, pitted), 10; almonds (brown

skins), 9.5; strawberries, 3.6 to 9.3; carrots, 8.6; beans (white), 8.3; cherries (black, pitted), 7.2; peas, 6.2 to 6.6, po-

In addition to the foregoing it may be well to remember those foods that seem to possess other values, viz.: Lettuce is good for the nerves, cool-ing to the blood, a good sleep-producer, containing, as it does, oplum in its nat-ural state.

ural state. Celery is also good for the nerves; for nervous dyspepsia, neuralgia and also for rheumatism.

also for rheumatism.
Cauliflower contains the largest per-centage of phosphorus of any of the common vegetables.
Tomatoes contain vegetable calomel,

and, as such, serve as a stimulus for the liver. Cucumbers contain arsenic of suffi-

clent quantity to affect the complexion beneficially, if eaten freely, not fool-ishly. They are also said to contain potassium, silicon, chlorine and phos-

Spinach and dandelion have a marked effect upon the kidneys, the former also giving relief to those troubled with gravel; also good for rheumatism and

Carrois are good for asthma. If caten raw, early in the morning, they are highly recommended as a complexion beautifler; also said to produce a most astonishing effect on the hair, skin and eyes. They contain a large percentage of sulphur. Onlons are among the best nervines

known; a sovereign remedy for coughs and colds, also for eczema and scurvy. Being soporific, they are invaluable for those troubled with insomnia. They are of great value in absorbing impuri-ties from the blood. The onion is the only vegetable that is readily inoculated with disease; therefore reject those that are tainted.

Cabbage (raw) when young and ten-der furnishes phosphates to enrich the

Turnips, also radishes, are recom-mended for gravel, scurvy and nervous disorders. Radishes were fed abun-dantly to the pyramid builders, by or-der of Pharaoh.

Boiled beets, served with salt and oil, were used by the Greek philosophers as an aid to mental exercise. Artichokes were used extensively by

the Arabians for the liver. They are regarded as particularly wholesome for any one leading a sedentary life. Rhubard (pie-plant), when properly prepared and thoroughly cooked, is a mild but efficacious laxative. Apples, juicy apples, eaten just before

retiring, promote sound sleep, excite the action of the liver, thoroughly dis-infect the mouth, help the kidney secretions, prevent calculus, relieve indiges-tion, and, as a so-called brain food, con-tain more phosphoric acid in an easily digested form than any other fruit.

Water cresses are cooling; also a good tonic and stomachic. Blackberries are excellent for diarrhoea in allaying inflammation. Cranborries are recommended for ery-sipelas and maiaria.

It will thus be seen that fruit and vegetables play a very important part in the game of get well and keep well. Fish and Brain Food.

Good blood comes from the liberal

supply of blood-making food and the deep breathing of pure air.

Any food that makes good blood will make good brain material, if the brain is exercised, or good results, if the mus-cle is exercised. That which enriches the athlete's blood will serve the same purpose for the literary animal. When one eats freely of fresh, sweet beef or mutton, he is not eating muscle food, but blood food, and he then wastes tis-sue when he wishes to improve it. If he exercises his arm and chest muscles vigorously, then he wastes most tissue there, and it is there that the pure blood flows and renews it with increment. The brain worker must do likewise. I surely would not recommend the brain-worker to a diet composed largely of fish. There to a diet composed largely of lish. There is a widespread notion that fish contains large proportions of phosphorus, and, on that account, is particularly valuable as brain food. "In the specimens thus far analyzed," says Prof. Atwater of Washington. D. C. "the percentages of phosphorus were not larger than are found in the fiesh of other animals used for food."

Phosphorus is no more essential to the brain than is nitrogen or potassium,

the brain than is nitrogen or potassium, or any other element which occurs in its tissues.

French-Canadian fishermen, near the mouth of the Saginaw river, Michigan. They were experts. They caught fish, they are fish, they talked fish, they thought fish, they dreamed fish, and they had brains-for fish and fishing. That was all.

So It appears that even a false theory may be universally adopted and fol-lowed for years, aithough the theory may be wholly at variance with facts



Logan, July 22—Mr. and Mrs. Moses Thatcher and family, Mr. and Mrs. Lee Thatcher, Mr. and Mrs. W. H. Sanders, Mr. and Mrs. Preston Thatcher, Miss. Allen, Miss. Larson and Mr. Isaac Guinney are enjoying a camping trip in Logan canyon.

Miss Luiu Carpenter entertained at an in-formal but most pleasant dinner party at her home on Tuesday. Covers were laid for six. Mr. and Mrs. Charles Caine and family of Salt Lake are spending the summer with Logan friends.

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Mrs. A. S. Horne returned to her boine in the city Saturday after a pleasant visit of two weeks in Logan.

Mrs. Brooks and Mrs. W. W. Riter and children of Sait Lake have taken the Hansen cottage for the remaining part of the summer.

Mr. and Mrs. H. C. Hansen and Mr. and Mrs. Pred Cates left Manday for a two weeks trip in Logan canyon.

Mrs. R. Needham returned home Tuesday from a pleasant visit with her son in Preston.

Mrs. H. A. Pederson is entertaining Mrs.

Mrs. H. A. Pederson is entertaining Mrs. James Erikson and Mrs. George Torgeson of Ogden. Miss Mae Benson left Saturday for a month's

Mrs. Mary Rosenbaum is visiting with her mother, Mrs. Christensen. Mrs. Emma Hyde of Downey, Ida., is visit-ing with Logan friends.

Mrs. A. Cook leaves shortly for a visit to Mr. and Mrs. Charles McNell left Monday for Portland, where they expect to remain a

month
Miss June Blair returned Tuesday from a
pleasant Salt Lake visit.
Mrs. Lucy Kimball and Miss Kimball returned Monday from Salt Lake, where Mrs.
Kimball has been visiting for the past six weeks.
Miss Lulu Keeting, who has been visiting
Miss Veda Thatcher, returned home Saturday
Miss Afton Thatcher is visiting Sait Lake

relatives.
Mr. and Mrs. R. L. Keating of Denver are visiting in Logan. OGDEN, Utah, July 15, 1905. To Whom it May Concern:

...... A CLIMB UP THE PEAK OF TENERIFFE.

Sights and Sensations 12,000 Feet Above the Sea on the Ancient Volcanic Mountain, by Morley Roberts, Author of "The Western Avernus."

slands, and one has no energy to do it with. The climate is lovely, no doubt, for the sun shines and the dally range of temperature even in February is no more than 65 degrees to 70 degrees, but only necessity can make a man energetic. What supplied me with the necessary strength of mind and body to tackle the Peak was the simple fact that I had told friends of mine that I meant to do it. Otherwise I should have sat in a chair to look at it, or have ascended it by telescope in the same way that Mark Twain did Mont Blanc. But having said I was going to do it hampered me. On the evening of my arrival at Orotava I asked for guides, and heard that those usually guides, and heard that those usually supplied by my hotel were away. I sent for one Frederico, not upon the list, and he came headlong from the Villa, and brought his brother Dionisio. I was especially strict in ordering a sound mule, one which was "sano" and had no sore upon it. Frederico and Dionisio swore by their gods and all the saints that they possessed the the saints that they possessed the soundest and most wonderful mule in all the islands, an animal which knew the way to the Peak by himself and would carry me there as if I sat in an armchair. For one rides to Alta Vista, ermchair. For one rides to Alta Vista, where the hut stands at the height of where the hut stands at the height of 10,700 set. As to being carried to that height as if in a chair or a hammock, I had my doubts, for I knew mules, and my notions on that head were not far out. Moreno, for that was my mule's name, indeed proved sound. I took his saddle off to see, for in these matters no inhabitant of the islands is to be trusted, and he possessed all his skin, which is a rare thing in the his skin, which is a rare thing in the

Canaries.
So we started at 7 in the morning, Dionisio and I and a man called Teleforo, for Frederico had other work, had made my arrangements as to payand on telling them that if I was satisfied I should add another dollar or five pesetas to the agreed sum, they swore I was a very noble Caballero and one of the most generous people they had ever had the luck to meet. This cheered me up and we rode to the Villa Orotava in great spirits, there pick-ing up a pack mule, named after the great Spanish painter Murillo, which carried the forage and the men's food and my food and blankets. The Villa is a half-deserted quiet town rather more than a thousand feet above Orotava Puerto it has the same air of ex-clusiveness that any half-ruined old clusiveness that any half-ruined old aristocrat might possess. Its quiet is the quiet of poverty. And yet it is very beautiful. An hour after leaving the town we passed out of the area of cultivation and left the little hill farms. coming to thin forests and a flowering shrub called codeso.

A Scene of Fiery Desolation.

After the little forests and the codeso we came to cinders. For after all the Canary Islands are only seven cinder heaps, the product of fire. A handful of soil is always half cinders. The path grew steep and the mules slid and floundered and the Villa faded below us and the port shows to supply the supply to the supply the providers. us and the nort shone in sunshine on the verge of the sea. And the sea horizon spread further and further and yet it appeared to rise till it seemed that we were in a deep cup. The illu-sion is difficult to rid one's self of. And then at last we lost the sea for a time and came to a scene of flery desolation. and came to a scene of flery desolation; burnt rocks, cinder heaps, a split or canyon, or barranco, called the Bar-ranco de la Reina. Here the retama begins, for on the uplands of pumice and cinder, nothing can grow but this. It is a strong and vigorous hardwood shrub that grows in patches, and it is sometimes ten feet high. The foliage is like mare's tail, it is tough and acrid and the mules seemed to love it. We were close to the Portilio or gate to the Canyadas, by which one means the ancient and vast crater in which the Peak as we know it now rises. For the old crater must have been one mighty lake of fire ten miles across, not per-haps all a flame of lava at once but, like Kilauea in the Sandwich islands, an ebbing and flowing sea of fire.

How does the retama grow so green on cinders and pumice? For these strange Canyadas are a great plair of pumice, beaten and pounded into lit tle fragments and to powder. The whole plain is brown and white, the powdered rapilli move with the wind, move of themselves it seems. For the dead branches of still rooted retama seem to flow down hill on a faint slope from their parent roots. The air was fine and still as we rode over the plain. It reminded me of the air of the highest plateaus of Texas. It was keen, intoxicating, bright. I forgot that I had

no energy in Orotava. The air of the Canyadas seemed life itself. And far across the brown plain, which looked less barren than it was, for the color recalled the burnt and brown grasses of Australia, the peak rose, the peak of Teneriffe, El Pico de Telde, the ancient home of the Guanche gods. It was even yet five thousand feet above us, but it showed itself as a bold hump, a gigantic fumarole shaped like a rounded breast with anshaped like a rounded breast with an-other cinder heap upon its summit like a nipple. It was very odd, very strange a nipple. It was very odd, very strange, very grim, unlike any other mountain that I had seen. It possessed none of the terrors of the key peaks of the Alps and yet snow gleamed upon it still. But it had a character all its own. It was my first volcanic mountain.

Ploughing Trough Pumice Drifts.

To the left as we went southwest Monte Blanco rose in another low hump, a mountain of white pumice. Here and there juts of volcanic rock protruded from the earth of ash, like decayed tusks. Each tusk had once been a fire jet. Now we passed pits of pumice, where a pumice mine had been and Moreno ploughed through it almost as deeply as if it had been snow. Far above us on the slopes leading to the Peak itself were huge separate blocks of lava, which had rolled from clocks of lava, which had rolled from a great lava dike as Ice breaks from

TEA

Tea and coffee and butter go well together; be as exacting of one as you are of another

Write for our Knowledge Book, A Schilling & Company, San Francisco.

There is nothing to do in the Canary | an ice-fall. They shone afar off, gleaming in the sun, polished, clean fractured like obsidian. And the great walls or dikes of lava seemed yet to roll down from the crater. They showed black, tremendous and barren. It is only in the lower country that the poisonous euphorbia grows on lava-

Now we were even leaving the hardy retama behind us as we climbed up-ward to the old camping grounds where people used to sleep before the high hut of Alta Vista was built. The first camp was called Estancia de los Alamannos, and above it was the second one, Estancia de los Ingleses, at nearly 10,000 feet. And now the worn rough path over lava and cinder and loose rapilli zigzngged up the steep side of the great cone. For hours I had seen no vegeta-tion, no sign of life, not even a vulture flew overhead, not so much as a strayed moth; the world was a glare of sand and cinders, fine rapilli, white pumice. black lava. On either hand as we crisscrossed up the steep slope a mighty dike of lava, broken, crackled like a spoilt glazed pot in the fire, shone in the sun which now began to leave us in shad-ow. In another hour we came to a little flat space, and were at Alta Vista, the hut. It was 4 o'clock, and I looked down upon a dead world of fire, and yet up to the horizon. For, the sea-line climbed high, we were in a well. The distances in spite of the clear air seemed immense

Ten Thousand Feet Above the Sea.

While the men unloaded the packmule I sat on the doorstep of the hut and stared eastward. Grand Canary and stared eastward. Grand Canary was not visible. It lay under clouds, even as a huge departing steamer might have been hidden under fresh smoke in a following wind. I felt well. The fatigue of riding was on me, but I felt no touch of mountain sickness. I sicked a little row and again by sould sighed a little now and again, but could smoke; so far the rise from the sea level to 10,700 had not affected my heart. My mind too went easily. I was pleased to be at Alta Vista above the world in ancient peace and quiet. The wind was still. I looked down upon a red moon-scape, as it seemed to me. And as one sees the shadows of the peaks in the moon, so now the shadows of the peak and the lesser fumaroles crept across the floor of the Canyadas. Near me was a patch of snow, over it was black for-bidding lava, down below red faded to gray, and darkened. The shadow of the great cone crept across the floor. But above me the real moon was gibbous and faint. The calm air froze. As the sun set the effect was very beautiful. The shadow of the cone was visible in the very air. The Grand Canary clouds

were gray purple and fine faint gold.

I had my supper alone in the paperstrewn hut. Dionisio and Teleforo prepared their simple meal of goflo and potatoes, and were delighted to share my better food. But delicacy forbade them coming to my room. I lighted six candles and had the stove red with dried retama. Even so the cold was intense. Though I was warmly clad. I took my rug and, with a knife, I cut a hole in the middle of it, and converting it into a poncho, put my head through the hole. After food I came out on the plateau and found the moon brighter Under its rays the snow patches looked infinitely cold and the black lava blacker still. The air was quiet, the frost in

Thrice that night I rose to light the fire again. And my two men slept in their room with a fire on the floor. The smoke came through the cracks of the wall and nearly choked me. I slept, and froze, and woke, and cursed all mountain elimbing and remembered that in Orotava I should have been sleeping with open windows. I woke finally at dawn and got my breakfast in a rage. Once more (see always) Lighter a rage. Once more (as always) I deter mined to climb no more mountains. And then Dionisio said he was ready if I was. We started on the last 1500 feet just as the sun rose and the hard colors of the morning libraries. of the morning illumined the cold

Throug Ice and Snow.

The wind was bitter, I never felt such cold. And we passed much snow. The rough path was blocked with it, and Dionisio evidently had all a Southern-er's dislike of it I found my ice-ax useful a dozen times. Certainly I needuseful a dozen times. Certainly I needed it even as a stick, for my breath grew miserably short. Every fifty feet I had to rest. And at last we came to the Rambleta, another plateau, once a crater, from which the final ash cone now springs. It was at a slope of a little over 30 degrees, and the ashes were soft. I was glad to see a patch of snow even if I had to cut steps. But sooner than go upon the snow Dionisio went half a mile round, while I cut my way up it slowly. At the steep top of went haif a fille round, while I cut my way up it slowly. At the steep top of the snow I was utterly exhausted and sat down for ten minutes. The top was yet infinitely far away. I

felt weak, frozen, my heart was feeble. It was obvious that the easy peak was It was obvious that the easy peak was not so easy to a man out of condition, to an invalid. But I threw off my poncho, left it on the ashes and climbed again. We came to the first blow-hole, and at the sight of the smoke I cheered up. When I came to El Nariz, as it is called, I knelt down and warmed my hands. But still the top was hundreds of feet above us. The last pull was the worst of all, for now the wind foor the worst of all, for now the wind from the southwest, the counter equatorial cur-rent, blew flercely. When I stopped at rent, blew flercely. When I stopped at the edge of the high crater I was glad to fall flat behind a rock and lie there to get my breath. And I smelt sulphur and sulphurous acid, and choking fumes of it came at me in gusts, which finally drove me right to the windward side, which was the last and final sum-mit of the peak.

side, which was the last and final summit of the peak.

There are days when one sees the whole world, so to speak, from the rocks above the sulphur pit. A man may count Teneriffe's satellites, Grand Canary, Fuertaventura, Lanzarote to the east, Palma, Gomera and Hierro to the west. These islands swim in lucid sea and air; are painted in fine atmosphere on the climbing well of the high sea and air; are painted in fine atmosphere on the climbing wall of the high sea horizon. But such good fortune was not mine. The eastern islands were under clouds and haze. And to the west there was a mighty sea of cloud under which Palma and her neighbors lay like rocks beneath snow. Yet suddenly the cloud-blanket swayed and sank lower to the west the heights of Palma broke through and then Gomera showed darkly and beyond it, to the southwest, Hierro. Then the clouds closed again and there was nothing visible but the slopes of my own peak and the Canyadas, for even lower Teneriffe itself was under clouds 6000 feet above the sea level. the sea level.

Chahorra's Sleeping Crater.

The whole world as I saw it was volcano. The loose-lipped, gaping crater of Chahorra was beneath me to the west. It is dead, they say, yet it looked

out asleep. Further across the Canyadas and beyond them rose other volcanoes, great fumaroles visibly active, smoking heavily, like a steamer firing up with Newcastle coal. Two smoked furiously; one puffed at leisure over

furiously, one puffed at leisure over against Garachico, once a great port, but destroyed by lava in 1706.

As for me, I felt as if I was being destroyed by frost, and crawled down into the crater, when I had recovered my breath, to get warm at sulphur vents, the crater was white and yellow cracked and seamed. Out of cracks visible vapor came, but here and there an invisible gas nearly choked me. But the whole pit or flery saucer was warm and comfortable. I left it with reluctance for still the wind carried ice in it, and bit and nipped me, I cilmbed it, and bit and nipped me, I climbed once again to the highest rock and took in the volcanic world of ash, prized off the actual top of the peak with the pick of my ice-axe and put it in my pocket and then turned to go back. We can and slid to the Rambleta, one might almost have glissaded on the steep ash. But as I descended I grew more thred-

the cold got hold of me again. By the time I reached the but I we done for and lay on a mattress, glad to get a medicinal drink of brandy touched up with some drops of nux vomica. My heart almost refused to beat, and I came to the conclusion as lay unable to move for over an hour that climbing even easy mountains over 12,000 feet was not a proper sinusc-ment for an invalid. I though so even when I reached Orotava again that at ternoon after seven hours on a mule, having descended from the Peak by way of La Fortaleza, Icod el Alto and the steep descent over Realejo. But I am glad I went all the same, for there are many mountains and only one Pico de Teule. de Teide (All Rights Reserved)



the popular young couple and all winhed them success on their matrimonial voyage." Among those present were Mr. and Mrs. M. L. Pratt. David Johnsen, David John, Jr., D. H. Thomas, Roger Farrer, Amdrew Knudson, Dr. Clift, Peter Anderson, S. P. Eggerstson, H. E. Thomas, G. A. Cluff, T. E. Thurman, C. E. Fletcher, Enoch Jorgensen, J. P. Dugan, W. W. Bellings, R. A. Barney, G. A. Nuttali, C. Kofford, D. Pratt, the Misses Aletta Halvorsen, Annie and Neilie Oliver, Alice Grier, Jennie Buss, Enima Taylor, Zulu Houtz, Roby Taff, Romola King, Masters Earl Thomas, Berg Jorgensen, Karl Pratt, Albert Rasmussen.

Mrs. J. E. Rooth entertained a number of her friends at her summer home at Edgewood. Refreshments were served and a number of popular women enjoyed the event. The guesto were Mrs. Mary John, Marilla Daniel, Mattle Keeler, M. M. Matson, M. M. Boyden, C. A. Glazier, H. S. Payne, Sarah Baker, Neille Harris, J. A. Giliver, Annie Young, George Passey, J. Thomas, Eliza Gledhill, Alice Fancett, Jane Fowler, Rose Ramsey, D. P. Tusson, S. R. Brown, D. L. Van Wagene, J. C. Ferrin, Mrs. C. A. Glazier gave a delightful party

R. Brown, D. L. van Wagenen, J. C. Ferrio.

Mrs. C. A. Giazier gave a delightful party
at her home on Wednesday night in henor
of their sen Wilson. The porches and lawnwere bright with colored lanterns. Rofreshments were acrived. The guests were Margaret
Clayton, Dera Vance, Martha Glazier, Malins Glazier, Martha Ferrin, Jennie Ferrin,
Vinnie Parker, Neille Clyde, Fern Kimball of
Salt Lake, Stella Young, Stella Nelson, LiaBooth, Ruth Hall, Carrie Evans, Dee Hourie,
Chellis Chase, Milton Booth, Sterling Hyde,
Royal Hunter, Harold Ashworth, Grant Bennett, Reed Anderberg, Leland Holdaway, Carl
Keeler, Daan Brumball, Author Hall, Author
Harrie, Ben Bean, Alma Boyden.

The Prove tabernacle choir enjoyed Wednes-

The Prove tabernacie shelf enjoyed Wednesday evening at Prove take resert. Hayracks conveyed the members and their partners to the resert, where bathing, beating and lunch was enjoyed by all.

Miss Alice Brown entertained informally at lunched on Thursday, her guests numbering cight.

Miss Mary Evans is visiting friends at Salt

Mr. Lucian Noves has returned home Misses Neveve and Edith Greer of Chicago are the guests of Miss Sytha Brown, Mr. C. E. Day is visiting friends at Pleas

Mrs. T. E. Newman and children of Salt Lake are spending this week in Provo can-Mrs. George Theriot of Eureka has returned after a oleasent visit with relatives and friends in the Garden City

Mrs. Heber Fields has returned to her home at Eureka, after spending a few days in Provo. Miss Mina Houston spent Tuesday in Salt Lake. Mand Van Weggen is spending a few days in Park City this week. Mr. and Mrs. C. W. Davis spent Tuesday in Sait Lake.

Mrs. Vera Vandyke of Salt Lake is spending this week in Provo, the guest of her parents, Dr. and Mrs. M. H. Hardy. Mrs. Mattle Bebee spent Tuesday in Salt

Mr. and Mrs. George R. Hill spent Sunday

in Provo.

Mr and Mrs J. H. Frisby have returned from Prescott, Ariz., where they have been visiting for a few weeks.

Miss Fay Harper has returned from Eureka, where she has been for several weeks visiting with friends.

Mrs. Alles K. Hunt, wife of Rev. E. G. Hunt of Decorah, Ia. is here visiting her parents, Judge and Mrs. M. Kellogg.

Wr. J. Eggertsen has returned from New

Mr. L. E. Eggertsen has returned from New ersey, where he attended the N. E. A. con-Mr. and Mrs. John Farrer spent Tuesday at

Dr. and Mrs. W. R. Pike returned the fore-part of the week from their California trip. Mrs. William Strong, Mr. and Mrs. Roger Fefere and Dr. and Mrs. Richards spent Tues-day at Lagoon. Mrs. Susa Y. Gates and daughter, Emma Lucy, is spending a few days at Provo.

Miss Edith Hindley returned Sunday to her home in American Fork. Miss Harvey of Pleasant Grove spent a few lays in Provo this week. Miss Ethel Smith is spending this week at Nephi, the guest of Miss Helen Grace.

Mr and Mrs. J. G. Cunnings of Heber City are spending this week in Provo, the guests of Mrs. William Strong.

Miss Hattle Walker is spending a few days in Salt Lake this week.

Mr. Charles Hedquit spent Tuesday in pringvilla. Mr. and Mrs. Mont Roberts spent Tuesday t Lagoon. Miss Vinnie Deal and Mary Mendenhall of pringville were Provo visitors Wednesday.

Florence Robinson of Salt Lake has returned after a few days' visit with friends in this Miss Annie Hindley of American Fork spent Saturday and Sunday in Provo. Miss Stolia Bennett of this city spent Tues-day at takeon.

Miss Carrie Sutton of Park City is spending a few Jays in this city, the guest-of her par-ents, Mr. and Mrs. Sutten.

Miss Buckley of Salt Lake is the guest of Mrs. W. B. Searles this week. Prof. Noves and wife have returned to their home in Berkeley, Cal., after having spent a few weeks in Provo. Miss Annie Hill of Springville was a Provo

Miss Lillie Arrowsmith has returned from a isit to Price. Miss Georgia Calliway has returned, after a month's visit to Salt Lake, the guest of Miss Lucile Price.

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By Dr. J. A. Hensel of We collected it for him old account nine years

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PARK CITY, July Z -Miss Amber Bardsley entertained a company of young people at a deasant Kensington Wednesday afternoon in pleasant Kensington Wednesday afternoon in compliment to her sister. Miss Linda of St. Teorige, who is spending the summer here Many bowle of sweet peas were used throughout the presty recome, the same flowers being artistically arranged on the board, around which were seated the twelve young friends, as follows. The Meson Elia Snyder, Vignina Britth, May Young of Coalville, Pearl Snyder, Creasent Smith, Frances Shields, Jeannie Sherman, Gertrude MeLaughtin, Edna Btaley, Edna Sutton, Tessie McLaughtin.

Edna Sutton, Tessie McLaughlin.

Little Miss Irene Jefford gave a pleasant party Monday afternoon from 2 until 5, at the home of her parents on Woodside avenue. The friends were invited to help celetrate the fourth hirthday of the little hostess, and to have a good time generally, and it certainly growed a gain dar, as all entered into the games with a vim. Beautiful gifts were showered upon Irene, which she will prize for come times. Dainly refreshments were served and then the good-byes were said. Those present were the Misses Lillian Kneale, Mabel Kenny, chive Allen Inshell Buck, Frances R. Shields, Mary Townsend, Miram Hubbard, Dorothy Heath, Leah Townsend, Just Gitsch, Rhea Widdison, Mary Pegan, Lizzie Watsen, Jamile Spargo, Deboyah Morgan, Myrttle Blackler, Edna Lindorf, Ruth Townsend, Lizzie Knight, Ethel Blackler, Wille Nichole, Olive Blackler, Wille Nichole, Olive Blackler, Willes Nichole, Olive Blackler, Ednel Blackler, Willes Nichole, Olive Blackler, Ednel Blackler, Willes Nichole, Olive Blackler.

Miss Rose Goist entertained the Y. G. G. at an informal Kensington Wednesday afterfrom Dainty refreshments were served and a joily time had by the guests, who were
Enid Riley Frances Shelds, Guive Smith, Mahel Carpenter, Grace Stringer, Gay Newcomb,
Edma Shepherd. A special meeting of the
club was held at the home of Enid Riley
Thursday evening to arrange for a picnic at
Snyder's grove for next Friday, each member having the privilege of inviting a guest.
A gay time will be had by all who are fortimes and the strength of the strength of the
Miss Happah LeCountie entertained a small

Miss Hannah LeCompte entertained a small commany of friends very informally Monday evening in compliment to her guests, the Misses Clark and Hyth of Evanston, Hearth was the game Induited in, after which dainty ices were served by Mrs. LeCompte. The rooms were fragrant with quantities of roses and sweet peas, and the time passed only foo quickly for the hany young people. The friends present were Miss Margaret Clark, Miss Belle Blyth, Miss Prances Clark, Miss Florence Talbot, Miss Datey Roy of Salt Lake, Miss May Hodges, Miss Lillian Hedges, Messrs, Robert Roy, George Geiger, Lee Talbot, Ed LeCompte, W. Pitzpatrick, W. Schnidlapp, Sam Bates and Mr. Frank of Boston.

A joily picnic party was given on Sunday in

lapp. Sam Bates and Mr. Frank of Boston.

A jolly picnic party was given on Sunday in honor of the Missos Clark and Blyth of Evanston. The day was spent at the Hot Pots and the Provo river. Mrs. E. P. LeCompte having the young people in charge, made an excellent chaperon, who, according to the toast, "nastearned from Cupid just enough bilindness" to be sweatly stupid. The day was an ideal one and it was midnight when the return trip was made. Besides the chaperon there were present Miss Hannah LeCompte, Mrs Daisy Roy, Miss Belle Blyth Miss Frances Clark, Miss Margaret Clark, Miss Virginia, Smith, Miss Margaret Clark, Miss Virginia, Smith, Miss Margaret, Robert Roy, Sam H. Raddon, George Geiger, Lee Taibot.

The following young people attended the

The following young people attended the dancing party given at Manie hall Saturday evening by Prof. H. B. Younger: The Misses evening by Prof. H. B. Younger: The Misses Daity Roy. Hannah LeCompte. Frances Clark, May Hedges. Virginia Smith, May Toung, Margaret Clark, Edna Sutton, Crescent Smith, Mesera. George Bates. H. Hall, S. H. Raddin Rel Lecompte. Roy Roy W. Suttan, George Geiger, George Quinn, W. Schnidlapp, Lecompte. The following ladies and sentlement attended.

The following ladies and gentlemen attended the baseball game at Eureka on Sunday. Messre and Mesdames F W. Sherman, C. F. Golst, Charles Heath, H. W. Culbertson, Miss Stelin Algood, Saile Wilson, James Waters, S. Furgo, Jeannie Sherman, Will Rosevear, George Quinn, C. B. Marshall, J. Diem and others.

The King Consolidated was the scene of a beautifully arranged dinner party Theaday evening, when W. Schnidlapp entertained in honer of Miss Hannah Lettempte and her guests from Evaneten. Wild flowers were used abundantly in the decoration of the board, while the same blossoms were seen at the places of the several guests, who were as follows: Miss Marsaret Clark. Miss Belle Blyth, Miss Hannah Lettempte Miss Frances Clark. Mr. and Mrs. J. W. White Messrs. Ed Lettempte. McKimens, W. Hattenburger, W. Filzpatrick Later in the evening Mrs. F. W. Sherman, Miss Florence Huribut, Mrs. W. C. Damon, Miss Gertrude Damon dreve up to the

completely unaware and gentleman returned from a pi found themselves surroused friends, all bent on having a joilthcation lasted until mit event came to a close.

Mrs. Kate Johnson of a Park Menday and all revisiting with Mr. and Mrs. Mr. end Mrs. Charles with Collifornia Thursday expect to locate on a reserved The Misses Frances and Notice turned to Salt Lake Webel enjoyable visit with Miss Hes

Miss Martha Curtz returns Miss Belle Blath of Eve home from a pleasant sep her schoolmate, Miss Hans Mrs. John Prisk and mi left for South Dakets S with relatives.

Mrs Emma Kelso and tome on Tuesday from a Miss Irma Watson reto the city Sunday, after a in Park with her sister, Mrs. T. Finnigan and chi Wyoming Tuesday, where main indefinitely with relat

The Hancock post, G A lamilies and the members of njoyed a pork-and-bear miory Wednesday evening

Miss Birdie Beatty has a remain for several weeks

Miss Stella Staley depairs or a short stay with he i Miss May Young retur-calville Thursday, after visit with Miss Virginia S Miss Edna Sutton entertinformally Friday noon la Hoy of Salt Lake Mrs. John Le Favour Mr. and Mrs. F. W. Sting friends from Butte.

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